



South Metro Cyclones



Welcome to the 2021 Texas Interscholastic Mountain Bike Season! We are thrilled that your student-athlete is interested in joining us this year. We strive to make cycling accessible to all kids, no matter their experience or skill level. Our team and league are part of the National Interscholastic Cycling Association (NICA). We are working to build strong bodies, strong minds, and strong character. Safety is the cornerstone for building a fun and encouraging community for all of our student athletes. We have a volunteer coaching staff that undergoes extensive training and background checks. It takes an active community to make this work. We would love to have you join our coaches and volunteers. Ask us how?

Time Commitment:

- Practices will be twice per week at 830am on Saturdays and 2pm on Sundays. Additional practices may take place as schedules allow. Locations of practices will be announced on TeamApp.
- There will be approximately five (5) races this season with the opportunity for racers to pre-ride the course the day before the race.
- The race schedule with locations, directions, and course maps are available at: [Races \(texasmtb.org\)](http://Races.texasmtb.org).
- Team trail work, fun rides, and social gatherings will be announced on TeamApp or Social Media.
- Racers and families need to be available to help clean up camp and meal areas during race weekends.
- Team meals during the weekend are Saturday dinner, Sunday breakfast, and Sunday light lunch. Race weekend menus will be put together and preparation is shared in the group.

Equipment:

*Bike *Helmet *Protective Eye Wear *Cycling Gloves *Water Bottle *Bike Tool
*Air Pump/CO2 cartridges *Ride Nutrition *Appropriate Cycling Clothing *Cold Weather Gear

Race Weekends:

- Each race is a weekend event with camping available as part of fees paid. If a family chooses to stay at a hotel, then that would be an added expense on top of facility fees.
- On Saturday, the day before the race, the team will meet after 12pm to pre-ride the course together. Groups will be formed according to skill level. Parents may only pre-ride with team if they have gone through process to be a coach.
- Each racer will be given a race plate to be used throughout the season. The team will hand these out and pick them up at each race. Replacements costs are charged by the league if race plates are lost.
- Race weekends are run by volunteers. Parents, families, attendees, and coaches are what makes these events happen. Please consider signing up to assist with set up, tear down, course marshal, ride sweep, or other duties. Signing up for early jobs allows for more time to watch the athletes race.
- Race Distances: 1 lap (approx. 5 miles) – Middle School Girls/Boys
 2 laps (approx. 10 miles) – Freshman Girls/Boys, JV Girls
 3 laps (approx. 15 miles) – Varsity Girls, JV Boys
 4 laps (approx. 20 miles) – Varsity Boys
- Student athletes that race more than one lap will pass through Feed Zone and may refresh water/electrolyte drink. Please be sure to discuss this with coaches so that we can practice transitions and arrange for passes to Feed Zone.
- Scores are posted after each race. There is a 15-minute protest period to speak with the scoring table if results are thought to be incorrect.
- Team members are encouraged to stay and attend the awards ceremony after all the races are finished and clean-up is complete.



South Metro Cyclones



Financial Commitment:

- Team Dues - \$100 (covers team registration fees, race meals, and t-shirts. Non-refundable).
- NICA Membership Fee - \$25 (Please register in Pit Zone on the NICA Website once you receive the invitation from the coaches)
- League Registration Fee - \$25 for Middle School, \$40 for High School (Pit Zone)
- Per Race Registration Fee - \$25 for Middle School, \$40 for High School (Pit Zone)
- Travel/Park Fees – Each venue has per day user fees that include camping.
- Team Jerseys – Team uniforms are available through Borah Teamwear.

Rider Expectations:

- Racing is not required. Please ask about the NICA Adventure path for activities that include cycling without the pressure of racing.
- Student athletes must maintain academics and attendance in school per parent expectations.
- Student athletes must make a good faith effort to attend all team events and come prepared for practices, rides, and races with required equipment in good working condition.
- Student athletes may not use headphones during practice/group rides.
- Cell phone usage will be limited to ride GPS tracking and parent communications.
- Review and understand and sign agreement in NICA rules for Student Athletes and Parents. - [NICA-Handbook.pdf \(nationalmtb.org\)](#)
- Team Code of Conduct: Student athletes and Parents agree to: a) Maintain a positive, respectful demeanor toward coaches, ride leaders, volunteers, and other riders at all times. b) Follow coaches and other leader instructions immediately and fully during practice, training, and group rides, c) Give 100% effort and strive for excellence in all situations both on and off trails.

Any student athlete or parent failing to comply with the expectations will result in a warning. If behavior persists, then a second warning will be issued via email from coaches. A third warning may result in suspension/dismissal from the team.

Parent: _____ Date: _____

Student: _____ Date: _____

Student Last Name	Student First Name	Cell #	email
Parent/Guardian Last Name	Parent/Guardian First Name	Cell #	email
Emergency Contact Last Name	Emergency Contact First Name	Cell #	email
Student D.O.B	Grade	School	School District
Medical Conditions	Known Allergy	Medications	T-shirt size
Home Address			City

Instructions to Join the Team:

- ✓ Fill out all above information and return to Cole Camp at: cole_camp@yahoo.com
- ✓ Download Team App and sign up for group upon receiving invitation
- ✓ Pay Team Dues
- ✓ Register on NICA Pit Zone upon receiving invitation and pay registration fees.
- ✓ Practice: Show up for weekly practice(s), ride as much on own as time/school allows



South Metro Cyclones



✓ **Volunteer: Parent-level and volunteers that want to ride with the team must be at least a Level 1 Coach on Pit Zone. Families and Riders are encouraged to engage in Trail Service hours as a way of giving back to those who have built our play areas.**